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Lifelines - Departmental Newsletter

Biology Department

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Winter 2015

## Lifelines Winter 2015

Southern Adventist University

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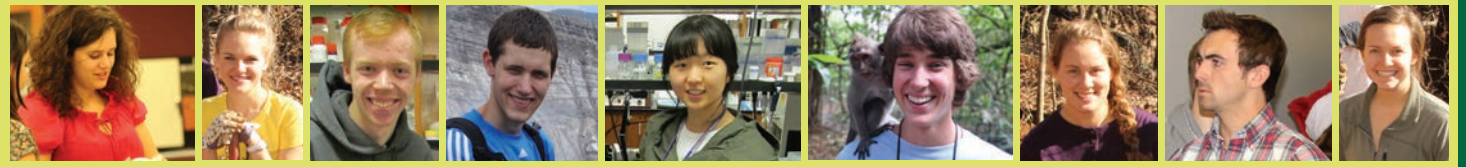
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# Lifelines

Vol. 11, Issue 2, Spring 2015



Biology/Allied Health Department

## Research at University of Tennessee College of Medicine



I am working jointly with the University of Tennessee College of Medicine (UTCOR) and the Department of Internal Medicine at Erlanger Hospital in Chattanooga collecting data for an upcoming publication. UTCOR has instituted

Overall, I have been quite blessed by this opportunity and have found it to be a valuable exposure into the medical field and community.

*By John Hannah, senior biology major*

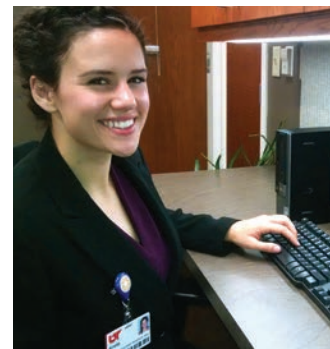
a new holistic healthcare program into their academics. Residents now participate in empathy classes, and chaplains have been incorporated into rounding teams in the Department of Internal Medicine.

Working with Dr. Mukta Panda, Assistant Dean for Medical Student Education and Professor at UTCOR, and Chaplains Greg Daniel and Jeremy Lambert, has been a fun and educational experience. Once a week, I interview patients in the hospital and collect qualitative data regarding their visit by a chaplain.

The first time I knocked on a patient's door, it felt like my heart was about to go into ventricular tachycardia. Thank goodness I was already at the hospital if I should need defibrillation! I've had the opportunity to sit in on meetings, to present my data to a departmental chair, to work with UTCOR professors on refining our data collection, and, most beneficially, to spend time on the hospital floors talking to patients.

My research project is analyzing the necessity of scheduled repeat CT scans for patients with mild, isolated, traumatic intracranial hemorrhage.

I've had the opportunity to work under Jessica Whittle, M.D., Ph.D., at the University of Tennessee College of Medicine and Emergency Medicine Residency Program at Erlanger Hospital in Chattanooga.



Learning the basics of how to write an Institutional Review Board (IRB) proposal for a research project at a large hospital, and being able to shadow Dr.

Whittle in the Emergency Department, have been fascinating. I am involved in a research project that can make a difference in the medical community.

*By Krista Bonney, senior biology major*



Power for Mind & Soul

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Aaron Corbit, Ph.D.  
Ann Foster, Ph.D.  
Lucinda Hill, M.D.  
Valerie Lee, M.S.  
David Nelsen, Ph.D.  
Rick Norskov, M.D.  
Lee Spencer, Ph.D.  
Keith Snyder, Ph.D.  
Debbie Strack, Office Mgr.  
Ben Thornton, Ph.D.  
Tim Trott, Ph.D.

# Students in Service

## Spring Break Mission Trip to Peru

As we set off for Peru, I had no idea what types of experiences or procedures I was going to take part in. Our excitement escalated when we realized that we arrived in Peru to do medical mission work. Prior to this trip to South America, I was struggling with the real



Julia Dolinskiy performs dental work on a patient during mobile clinics in Pucallpa.

reason why I wanted to go to medical school and kept asking God to make it clear to me if medical school is the right choice for me. During my time in Peru, there were three patients that influenced my life personally and I will forever hold these memories throughout my future career.

The first patient was a young boy who was in a motorcycle accident. I saw him walk into the clinic limping, and it was evident that he was in a lot of pain. I was helping in the injection area of the mobile clinic that day, and the nurse in that area asked if I wanted to give a shot. Now, we had practiced giving shots to each other, and I knew that I was going

to have the opportunity to give a shot on this trip, but I didn't think that it was going to be so soon and with a young boy in an immense amount of pain. As I was getting ready to give the shot, I looked at the boy's face, and I will never forget how scared he was. All I could remember was to do it fast, like a dart, and don't forget to pull back to make sure the needle is not in a vein. Fast and quick. I said a quick prayer for God to steady my nervous hand. I gave the shot as fast as I could, and he flinched some at the beginning, but it was over before I knew it. It was then that I realized I have to step out of my comfort zone if I want to go into medicine, and I must trust God completely if I want to become a doctor. Not solely with academics, but in what I can do physically as well. Though this was not a life-threatening procedure, I may be in a situation someday where I will need to lean on God for everything that I do so He can steady my nervousness and lead me to help others in whatever career I choose.

The second patient was a young woman who had a cyst located on the back of her head. I was fortunate enough to observe and assist in this surgery. At first, I assisted by injecting Lidocaine around the area where the surgeon was going to cut. We had previously

practiced this; however, this patient needed a higher dosage. The surgery went well, and at the end I had the privilege of helping with sutures. I had never even practiced doing a suture before, so



Emily Scriven takes a blood pressure reading on a patient with Parkinson's disease.

I had no idea what I was getting into. I remember them telling me to go down to the skull and then come up. I wanted to give up so badly because I could not figure out how deep I was going, and I didn't want to hurt this poor girl with her head open on the table. Though I was ready to give up, I kept going and finished it. It was not the prettiest ever done, but I didn't give up, which helped me to see that I can't give up if I want to go into this profession. There are going to be so many times that I want to quit, but there is always a solution, and I learned that perseverance will help me get to where I want to go.

The final patient seen on our last day of clinics was a young girl who came in with a protrusion that the doctor figured to be a tumor. This case broke my heart. Throughout my experiences of shadowing and learning, I had never seen something like this. This girl was so young and clearly in so much pain.

Prior to her surgery, I was able to talk with this patient. Despite her horrible circumstance, she remained one of the most positive people I have ever met. She was about to go into a surgery with complete American strangers, yet she asked me about where I was from, my favorite color and other small talk. I put myself in her shoes and imagined how challenging her situation must be, but it



Mission trip participants ride in the back of a pickup truck after getting stuck on a flooded road.





The Peru mission trip team before starting mobile clinics.

was truly evident that God is working in this girl's life.

Unfortunately, the doctor could only close off the apparent tumor; there was nothing more he could do. The patient said afterward that the worst part of the surgery was the shot she received for the

pain, which showed how truly strong this young girl was! From this experience, I learned that every case is unique based on the individual's own perception, and putting yourself in the shoes of the patient is absolutely necessary in the medical field. There are times in my life where certain circumstances seem hopeless; in these moments,

I will remember that young girl on the operating table. A girl who has been through so much and can still find hope in Jesus. And I will remember how we were able to be there for her and show her that there are people who do care and will do everything in their power to help.

Overall, this experience was definitely one that will stay with me my entire life. I will use the lessons I learned in Peru not only in my future career, but in my daily life as well. I am so thankful that I got to be a part of the healing that went on there. While the physicians and my fellow students acted as healers during our time in Peru, it was such an amazing experience to share with people the love and compassion of the True Healer. That is the main message I will take with me wherever I go throughout my career. These experiences have helped me to understand that the real reason to become a physician is not only to heal others, but to show the love of Christ to every patient.

By Emily Scriven

## Alumni Spotlight

### Jackson Henley, Biology/Medical Science, Class of 2007

***What are some highlights of your time at Southern?***

Friends! I unfortunately lost touch with my high school friends pretty quickly, but the relationships I made at Southern have lasted. I have some very fond memories with my guy friends in the dorm, socializing in the cafeteria and at vespers, church, worship, etc. Even though studies could be pretty grueling, I feel like my science classes were solid and prepared me well for medical school.

***What are some highlights of your time at Loma Linda?***

Meeting my wife is, of course, No. 1. When I wasn't busy in the books or on the wards, I enjoyed socializing and getting outside. I had never been to that part of the country prior to starting school there, so it was fun to have easy access to the beach and mountains.

***What was your residency specialty in and where did you go?***

Emergency Medicine at Winston-Salem, North Carolina (Wake Forest).

***What advice do you have for students looking to get into medical school and for how to survive medical school once they are accepted?***

I could say a lot on this subject. To keep it short: (1) It is a huge time commitment—not only during school and residency, but usually for your entire career. You can't have too much exposure prior to going into it. It is a HUGE decision. I have known people to quit two weeks into medical school, two years into medical school, and two years into residency. Everyone's experience is different and valuable in its own way, but better to find out sooner rather than later if it is or isn't for you. (2) As long as it is under your control, keep the Sabbath and don't study on it. If you have to be in the hospital taking care of patients, that is, of course, an exception. But if you are stressed about a test the following Monday, the worst thing you can do is freak out and spend all of Sabbath studying instead of resting and keeping your focus on what is really important. I developed the biggest

appreciation ever for the Sabbath during my first two years of medical school. (3) Keep a balanced lifestyle in medical school. It is really important to try to sleep, eat, and exercise right. It will make your studying more efficient, and you will be happier!

***Tell us about your family.***

My wife, Krystin, is a beautiful and very supportive spouse. I couldn't have gotten through residency without her! We have a three-month old daughter, Amelia, who is growing fast and is cuter than ever.

By Valerie Lee



Jackson and Krystin Henley enjoy their daughter, Amelia.

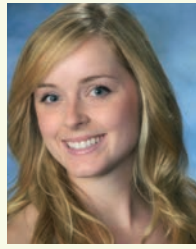
## Allied Health Graduates 2014-2015



Giselle Aszalos  
AS Occupational



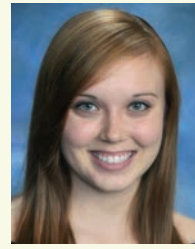
Sarah Bailey  
AS Physical Therapy



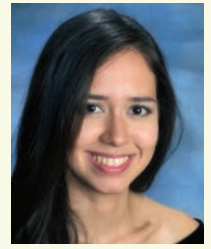
Kiri Bardsley  
AS Physical Therapy



Morgan Barrow  
AS Physical Therapy



Jessica Bayer  
AS Dental Hygiene



Karine Benedicto  
AS Speech Lang Path



Estefania Cantu  
AS Speech Lang Path



Joshua Carrazana  
AS Physical Therapy



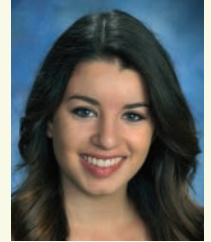
Jesse Congo  
AS Speech Lang Path



Fairlyn Ditta  
BS Medical Lab Science



Russell Drapiza  
AS Physical Therapy



Mackinsie Flores  
AS Dental Hygiene



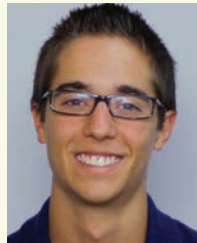
Anotte Gedeon  
AS Speech Lang Path



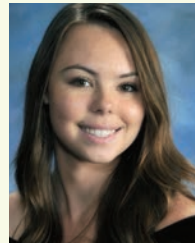
Hillary Gow Sujo  
AS Physical Therapy



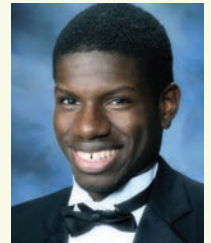
Katrina Grant  
AS Nutrition/Dietetics



Dillon Hamilton  
AS Physical Therapy



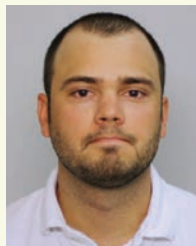
Allison Handel  
AS Physical Therapy



Emil Harty  
BS Medical Lab Science



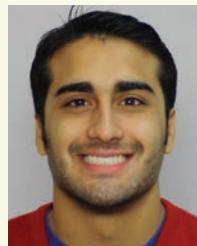
Kacey Hawkins  
AS Physical Therapy



Andrey Ivanov  
BS Medical Lab Science



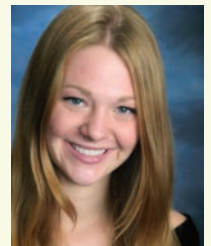
Bernadine Malqued  
AS Physical Therapy



Roy Mendizabal  
AS Physical Therapy



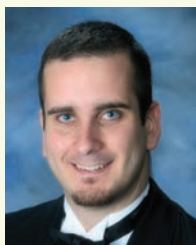
Ervin Mitra  
BS Medical Lab Science



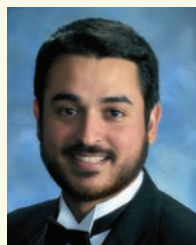
Rachel Norman  
AS Dental Hygiene



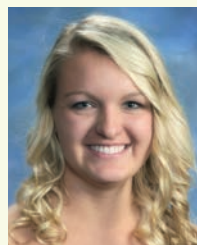
Loran Ong  
BS Medical Lab Science



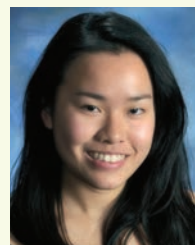
Christian Pinango  
AS Physical Therapy



Pablo Ruano  
AS Physical Therapy



Kristen Schwindt  
AS Speech Lang Path



Eunice Sham  
AS Physical Therapy



Edy Sosa  
AS Physical Therapy



Elise Theodore  
BS Medical Lab Science



Aki Tsuchiya  
AS Physical Therapy



Amanda Uribe  
AS Speech Lang Path

# Congratulations Seniors

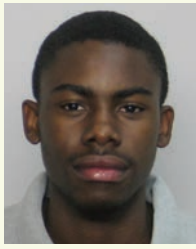




# Biology Graduates 2014-2015



Niki Adams-Sumpter  
BS Biomedical



Winston Allen  
BA Biology



Cullen Black  
BA Biology



Un Ji Byeoun  
BA Biology



Jhonny Castro Almeida  
BA Biology



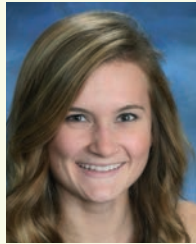
Allison Cool  
BA Biology



Evan Chung  
BA Biology



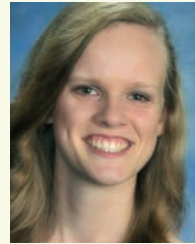
Brenden Dodd  
BA Biology



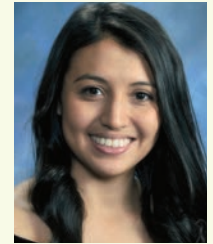
Julia Dolinskiy  
BA Biology



Lorraine Duncan  
BS Biomedical



Kelsey Elliott  
BS Biology



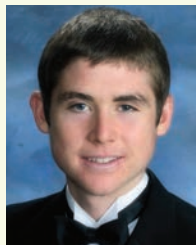
Ana Fuentes  
BA Biology



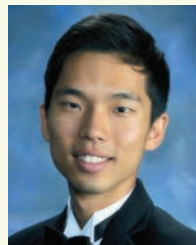
Ovi Goia  
BA Biology



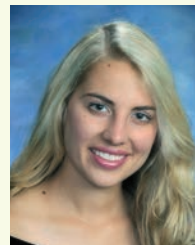
John Hannah  
BA Biology



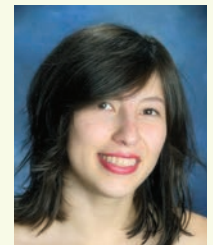
David Hollie  
BA Biology



Victor Hong  
BS Biomedical



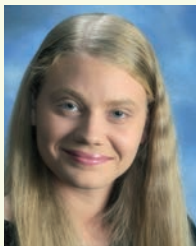
Dana Hoxie  
BA Biology



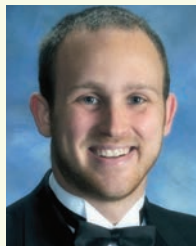
Ana Jimenez  
BS Biomedical



Jesse Jung  
BA Biology



Traci McLean  
BA Biology



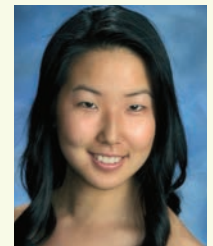
Chad McLennan  
BA Biology



Michael Min  
BA Biology



Eric Morris  
BS Biomedical



Charlene Narita  
BS Biomedical



Michelle Narita  
BS Biomedical



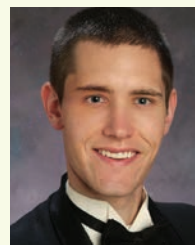
Kelsey Nase  
BA Biology



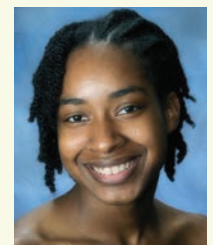
Nikayla Phillip  
BA Biology



Naoki Sato  
BA Biology



Beau Story  
BA Biology



Che-Lei Trott  
BA Biology



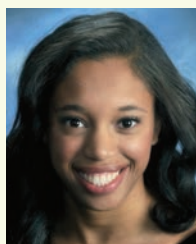
Lien Turley  
BS Biomedical



Caroline Vollberg  
BA Biology



Shut On Wan  
BS Biomedical



Jasmine Ward  
BA Biology



Ben Wildman  
BA Biology





## Department Happenings

### Professors Meet Alumni at Loma Linda University

Drs. Tim Trott, Keith Snyder, Bruce Schilling (Chemistry), and Randy Bishop spent almost three hours with approximately 100 alumni from Southern who are currently in school at Loma Linda. Promise of Marie Callendar's pies may have brought some of them, but it appeared that everyone was happy to see the professors as well. Additionally, it was a great excuse for the alumni to see each other, since they often are stuck in their own professional silos during the week.

Over and over again, the

professors heard comments like "We were well prepared." and "We had an edge by going to Southern." The most-

appreciated classes taken at Southern in preparation for Loma Linda were Animal Physiology, Immunology, Human Anatomy, Biochemistry, Genetics, Cell and Molecular Biology. The the professors were asked questions such as "What is new at Southern?" and "So good to see you." This reunion has been alternate years up to this point, but we may need to have it yearly in the future.

*By Keith Snyder*

